

INTERNATIONAL SKATING UNION

HEADQUARTERS ADDRESS: AVENUE JUSTE-OLIVIER 17 CH 1006 LAUSANNE SWITZERLAND
TELEPHONE (+41) 21 612 66 66 TELEFAX (+41) 21 612 66 77 E-MAIL: info@isu.ch

Lausanne, January 24, 2018

ANNOUNCEMENT

To: ISU Members

to be distributed to Figure Skating coaches, especially those participating at the ISU World Figure Skating Championships 2018, Milan (ITA)

Coaches' Seminars: Healthy Skaters

During the ISU World Figure Skating Championships 2017, ISU Members indicated that their biggest development need is education for Coaches.

In order to respond to that need, the ISU Development Commission and the ISU Medical Commission are pleased to introduce a series of seminars that will focus on different aspects of the theme of 'The Healthy Skater'. Topics will include: managing the developing athlete, nutrition, injury prevention, back to training - post injury, Anti-Doping prevention and other subjects that attendees might find of interest.

The first seminar of the series is about injury prevention and will be presented on the occasion of the ISU World Figure Skating Championships 2018 in Milan, on March 25, 2018 from 9:00-11:00 hrs, room TBA.

We hope that as many Coaches as possible will join the seminar and discussion or will follow it through a live webinar so that we can all continue to promote and develop healthy Skaters. ISU Members are asked to inform their Coaches about this seminar. To register Coaches, please complete the information on the attached form and return it to the ISU electronically at medical@isu.ch and development@isu.ch by February 5, 2018.

With kind regards,

Susanna Rahkamo
Development Commission Coordinator

Jane Moran
Medical Commission, Chair

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ISU COACHES' SEMINARS: THE HEALTHY SKATER

FIGURE SKATING PERFORMANCE DEMANDS - INJURY PREVENTION

DATE: March 25, 2018
TIME: 9:00-11:00 am
PLACE: ISU WORLD FIGURE SKATING CHAMPIONSHIPS, MILAN (ITA)
LOCATION: TBA
GOAL: The seminar will focus on the current physiological demands of Figure Skaters and occurrence of injuries
FORMAT: There will be presentations followed by a panel discussion to answer questions on the topics

To register, please complete the information below and return this form to medical@isu.ch and development@isu.ch by February 5, 2018.

ISU MEMBER:

NUMBER OF ATTENDEES:

CONTACT EMAIL ADDRESS:

A full agenda, including the names of the speakers and exact location of the seminar will be sent to the above-mentioned email address in due time.

To be successful, this seminar needs you. Thank you for your participation!